

Dear Fellow Employee:

Summer is here and with warmer temperatures and more daylight hours it's a great time to get out and walk. As little as 10 minutes a day, 3 times a week will produce health benefits. Other summer activities to enjoy include biking, golfing, hiking and swimming.

The Governor's Council on Physical Fitness is promoting "Opportunities for an Active Michigan Summer" on <http://www.michiganfitness.org/activesummer.html>. This website provides information about outdoor recreation in Michigan.

July is also a good time to take advantage of the fresh produce that's available. The following website provides a list of Farmer's Markets in Michigan and when they are open:

<http://www.ams.usda.gov/farmersmarkets/states/michigan.htm>

We hope you have a safe and healthy 4th of July Holiday.

Find out more about employee health and fitness by visiting the WOW website for links to a wealth of wellness info, including fitness club discounts.

www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

If you are unable to access the website from the above link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness.

Please feel free to call our toll free number (1 800-505-5011) if you have difficulty accessing our website or its links.

Congratulations to the June WOW Contest Winner - Traci Vincent of MDCH. Prize: "Well Informed--Your Guide to Health & Vitality".

Thanks to all contest participants. Please try again next month if you have never been selected a winner.

Working On Wellness
WOW Team
Employee Health and Wellness